

THE LAND OF GRAIN

—BY—
JAMES OLIVER CURWOOD

Author of "American Farmers Building a New Nation in the North"—
"Canada—The Land of Greater Hope"—"The Invasion of Canada by American Farmers"—"A Thousand Miles on Horseback Across the Dominion Provinces," Etc., Etc.

Not so very many years ago the majority of people in the United States laughed at the prediction that the day was coming when Western Canada would far outstrip this country in the raising of grain—when, in other words, it would become the great bread-basket of the world. During the past three or four years the enormous production of grain in the Dominion West has thinned the ranks of those who doubted the destiny of Canada's vast grain growing regions; the crops of this year will dispel the doubts of the remaining few. From Winnipeg westward to the foothills of Alberta, over a country nearly a thousand miles in width, the grain production this year will be something to almost stagger the belief of those hundreds of thousands of American farmers whose average yield is not more than ten to fifteen bushels of wheat to the acre, and who are finding that their product is also outclassed in quality by that of their northern neighbors.

The enormous grain crop of this year in the Canadian West may truthfully be said to be the production of "a few pioneers." Only a small percentage of the unnumbered millions of acres of grain land are under cultivation, notwithstanding the fact that tens of thousands of homesteads were taken up last year. And yet, when all the figures are in, it will be found that the settlers of the western prairies have raised this year more than 125,000,000 bushels of wheat, 100,000,000 bushels of oats and 25,000,000 bushels of barley. It has been a "fortune making year" for thousands of American farmers who two or three years ago owned hardly more than the clothes upon their backs, and whose bumper crops from their homesteads will yield this season anywhere from \$1,500 to \$2,500 each, more money than many of them have seen at one time in all their lives.

Very recently I passed through the western provinces from Winnipeg to Calgary, and in the words of a fellow passenger, who was astonished by what he saw from the car windows in Manitoba, we were, metaphorically speaking, in a "land of milk and honey." The country was one great sweep of ripening grain. In fact, so enormous was the crop, that at the time there were grave doubts as to the possibility of GETTING ENOUGH BINDER TWINE TO SUPPLY THE DEMAND. A situation like this has never before been known in the agricultural history of any country.

Before I made my first trip through the Dominion west I doubted very much the stories that I had heard of this so-called "grain wonderland" across the border. I believed, as unnumbered thousands of others believed, that the stories were circulated mostly to induce immigration. I quickly found that I was wrong. As one Alberta farmer said to me a few weeks ago, "If the whole truth were told about this country I don't suppose you could find one American in ten who would believe it."

This year the prospects of the wheat crop of Saskatchewan, Manitoba and Alberta are an average of over TWENTY-FIVE BUSHELS TO THE ACRE, and that this grain is far superior to that raised in the states is proved by our own government statistics, which show that American millers are importing millions of bushels of "Canadian hard" to mix with the home product in order that THIS HOME PRODUCT MAY BE RAISED TO THE REQUIRED STANDARD. It is a peculiar fact that while the Dominion Government is anxious for its western provinces to fill up with the very best of immigrants, there has been no blatant or sensational advertising of those lands. For this reason it is probable that not one American farmer out of fifty knows that Canada wheat now holds the world's record of value—that, in other words, it is the best wheat on earth, and that more of it is grown to the acre than anywhere else in the world.

A brief study of climatic conditions, and those things which go to make a climate, will show that the farther one travels northward from the Montana border the milder the climate becomes—up to a certain point. In other words, the climate at Edmonton, Alberta, is far better than that of Denver, 1,500 miles south; and while thousands of cattle and sheep are dying because of the severity of the winters in Wyoming, Montana and other western states, the cattle, sheep and horses of Alberta GRAZE ON THE RANGES ALL WINTER WITH ABSOLUTELY NO SHELTER. This is all largely because of the making of the climate of temperate regions. For instance, why is it that California possesses such a beautiful climate, with no winter at all, while the New England states on a parallel with it have practically six months of winter out of twelve?

It is because of that great sweep of warm water known as the "Japan current," and this same current not only affects the westernmost of the Dominion provinces, but added to its influence are what are known as the "chinook winds"—steady and undeviating air-currents which sweep over the great wheat regions of Western Canada. There are good scientific reasons why these regions are capable of producing better crops than our own western and central states, but best of all are the proofs of it in actual results. This year, for instance, as high as one hundred bushels of oats to the acre will be gathered in Manitoba, Saskatchewan, and Alberta, and some wheat will go AS HIGH AS FIFTY BUSHELS TO THE ACRE, though of course this is an unusual yield.

Last spring it was widely advertised in American papers that Alberta's winter wheat crop was a failure. In fact,

this is Alberta's banner year in grain production, as it is Saskatchewan's and Manitoba's, and from figures already in it is estimated that Alberta's wheat will yield on an average of THIRTY-FIVE BUSHELS TO THE ACRE. In many parts of the province returns will show a yield of as high as FIFTY bushels to the acre and it is freely predicted by many that when the official figures are in a yield of at least forty-five instead of thirty-five bushels to the acre will be shown.

At the time of my last journey through the Canadian West, when my purpose was largely to secure statistical matter for book use, I solicited letters from American settlers in all parts of the three provinces, and most of these make most interesting reading. The letter was written by A. Kaitenbrunner, whose postoffice address is Regina, Saskatchewan.

"A few years ago," he says, "I took up a homestead for myself and also one for my son. The half section which we own is between Rouleau and Drinkwater, adjoining the Moosejaw creek, and is a low, level and heavy land. Last year we put in 100 acres of wheat which went 25 bushels to the acre. Every bushel of it was 'No. 1.' That means the best wheat that can be raised on earth—worth 90 cents a bushel at the nearest elevators. We also threshed 9,000 bushels of first class oats out of 100 acres. Eighty acres was fall plowing AND YIELDED NINETY BUSHELS TO THE ACRE. We got 53 cents a bushel clear. All our grain was cut in the last week of the month of August. We will make more money out of our crops this year than last. For myself, I feel compelled to say that Western Canada crops cannot be checked, even by unusual conditions."

An itemized account shows a single year's earnings of this settler and his son to be as follows:

2,500 bushels of wheat at 90 cents

a bushel.....\$2.250

9,000 bushels of oats at 53 cents

a bushel.....4.770

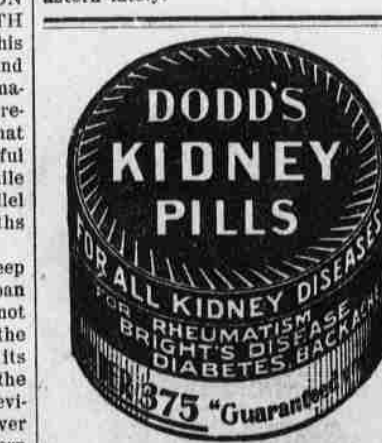
Total.....\$7.020

It will be seen by the above that this man's oat crop was worth twice as much as his wheat crop. While the provinces of western Canada will for all time to come be the world's greatest wheat growing regions, oats are running the former grain a close race for supremacy. The soil and climatic conditions in Manitoba, Saskatchewan and Alberta are particularly favorable to the production of oats, and this grain, like the wheat, runs a far greater crop to the acre than any other grain. Ninety bushels to the acre is not an unusual yield, while homesteads frequently running this average. And this is not the only advantage Western Canada oats have over those of the United States, for in weight they run between forty and fifty pounds to the bushel, while No. 1 wheat goes to sixty-two pounds to the bushel. In fact, so heavy is Canadian grain of all kinds, and especially the wheat, that throughout the west one will see cars with great placards upon them, which read:

"This car is not to be filled to capacity with Alberta wheat."

When I made my first trip through the Canadian West a few years ago I found thousands of settlers living in rude shacks, tent shelters and homes of logs and clay. Today one will find these old "homes" scattered from Manitoba to the Rockies, but they are no longer used by human tenants. Modern homes have taken their place—for it has come to be a common saying in these great grain regions that "The first year a settler is in the land he earns a living; the second he has money enough to build himself a modern home and barns; the third he is independent." And as extreme as this statement may seem to those hundreds of thousands of American farmers who strive for a meager existence, it is absolutely true. I am an American, as patriotic, I believe, as most of our people—but even at that I cannot but wish that these people, whose lives are such an endless and unhappy grind, might know of the new life that is awaiting them in this last great west—"this land of greater hope," where the farmer is king, and where the wealth all rests in his hands. As one American farmer said to me, "It is hard to pull up stakes and move a couple of thousand miles." And so it is—or at least it appears to be. But in a month it can be done. And the first year, when the new settler reaps a greater harvest than he has ever possessed before, he will rise with 200,000 others of his people in Western Canada and thank the government that has given him, free of cost, a new life, a new home, and new hopes—which has made of him, in fact, "A man among men, a possessor of wealth among his people."

Instruments of Torture.
"You don't seem to be keeping up very well this summer," said Father's Came to Mother's slipper.
"True," acknowledged the handy spanker, regretfully, "I've been falling astern lately."



TWO LATE MODES



The gown at the left is of black crepe de chine. The half-empire skirt is trimmed lengthwise with tucked bands of taffeta and is finished at the bottom with a wide band of lace re-embroidered with jet paillettes. The corsage and little sleeves are trimmed to correspond, and also with a jet fringe. The tucked gimples and the undersleeves are of white tulle. The other gown is of black chiffon-mousseline. Undulating bands of taffeta and panels of flut guipure trim the skirt. The prettily draped corsage is of the flut guipure trimmed around the neck with the taffeta bands. The yoke and undersleeves are of white lace; the girdle with pretty knot, is of black taffeta.

FROCKS FOR THE TUB.

Blue and Brown Galatea Among the Best of Materials.

Among the cheapest of the good-looking tub jumper frocks are those made of blue and brown galatea. The material sells at a very small price everywhere and washes like a collar. It comes in good tones that do not show soil and comes out of the tub without being faded.

Linens makes charming ones, but every woman does not care to afford many linen frocks. The good quality is the only one worth buying, and a frock of it amounts up.

When a girl feels she can afford only one, she should get it in rose pink or Nile green in order that it may be dressy enough for afternoon wear. This is the ideal costume for church this summer, at home or on a vacation.

The reason most of these materials were not comfortable before for summer frocks was because of their heat around the neck and arms.

TWO SMART LITTLE DRESSES.

Both Suitable for Girls from Eight to Ten Years of Age.

The first costume pictured is a smart little dress in blue checked zephyr. The skirt is trimmed with a band of plain blue zephyr, the pinfold-bodice being bound with the same, and the shoulders and fronts connected by straps of zephyr fixed under tiny buttons. A blouse of white muslin printed lightly with blue is worn with it. The second is another pretty wash-



ing-dress of pink zephyr. The skirt has a shaped piece turned up at the foot and stitched on the outside. The bodice has a small yoke of piece lace set into a shaped yoke and plaited and laid under it. The tight-fitting lower part of sleeve is of piece lace.

A Belting Jumper. Embroidered linen belting, in white and color, may be bought by the yard, and a very clever little lady has used it to make herself a jumper. A double thickness over each shoulder, from the waist line in the front to the waist line in the back, is the foundation of the garment, while a few strips across the back and front give the whole a very jumper-like appearance.

The four loops at the waist line formed by the shoulder straps are used to slip the belt through, so, when it is worn with a white skirt and blouse, the effect is of one of the popular one-piece dresses.

It is just such an arrangement that makes it possible to wear a blouse and skirt without a coat.

English Dress for Indians. It seems not improbable that the dress adopted by educated India, which is more or less of the western type, will also be adopted by the people at large in the future. The fondness of the orientals for bright colors may give rise to gorgeous neckties and gold-laced collars.—Hindustan Review, Allahabad.

WAY TO MAKE NEAT HEM.

Accomplishment Few Women Seem to Have at Command.

It is really surprising how few women know how to make a neat hem, although this was considered a necessary accomplishment in the days of our grandmothers. It is used to finish the raw edges of goods and it is most important that it be evenly and neatly turned down; always turn it toward you. To do this, turn down one-quarter of an inch all along the edge and baste it on the crease with even basting stitches.

Take a stiff piece of cardboard and mark on it the exact width of the hem. Place the edge of the creased cardboard at the creased edge of the goods and mark the desired width with a thread, using the short and long basting stitch. Fold the hem on this line of thread and baste to the material along the upper edge with an even basting. In hemming do not use a knot. Hold the hem across the end of the forefinger of the left hand. Point the needle toward you, to the right, and insert it under the edge of the hem close to the right hand. Draw the needle through, leaving an end of the thread to be tucked under the edge.

To begin the hemming stitch, point the needle toward the middle of the left thumb and take up one thread of the cloth and the same of the fold. To have the thread slant in the right direction, see that each time a stitch is taken that the needle points directly across the middle of the left thumb. To have the hem appear well when finished care must be taken to have the distance between each stitch exactly the same.—Exchange.

Old Idea Revived. A pretty way of trimming a muslin and lace frock is by heading the deep insertion of lace on the skirt (the band of dentelle so beloved of Paris) with a heading wide enough to admit a soft satin ribbon, some two or three inches in width, this ribbon being threaded through it at intervals of about a foot, tied into pretty bows, but these are not left on a level with the heading. They are pulled through so that the bow hangs down over the lace, the little ends having a ball of floss silk to finish them off, with a bunch of fringe falling from the center of each ball. These loosely hanging bows look very quaint, against the lace background.

Dressy Robes of Marquisette. The very dressy robes for afternoon or evening wear are now composed of marquisette. This is so very fine that it looks like organdie or mousseline from a distance. It comes in all colors, too, and the colors are very dainty and delicate. Of course the marquisette is filmy, but everything this season is the same. Drapers declared that goods were to have more body a year or two ago, but heavy goods have not yet made an appearance.

Chiffon on Summer Frocks. No summer frock is complete without its yard or two of superfluous chiffon. It is a fad presenting such alluring possibilities to the feminine mind that it cannot be ignored.

Novelty in Skirts.

The "really new" skirt, which we find in silk cachemire, in heavy crepe de chine, in thick eastern silks of all kinds, as in supple light cloths, is made with folds and drapery across the front from bust to ankles, the tendency of the lines being to mount toward the back, perhaps crossing over obliquely there and ending under a buckle on one hip, or at the shoulder blade. Fancy this in dead leaf color, meager as to underskirt, slightly trailing, and worn with a taffeta coat in light jade green, which, short-waisted and tailless behind, has two long side pieces that almost reach the ankles, fringed and embroidered in outline. There is a soft sash of black liberty satin, which is carried across the bust under the coat, high enough behind to just show under the short coat back, and crossing there, returning to droop in front and knot at the bend of the legs.

Her Last Hope.

After a man's wife finds that it is useless to try to convince him that smoking is an expensive habit she begins to be afraid that it hurts the baby's throat.

UNITED PARTY BEHIND BRYAN.

Presidential Candidate is Assured of Hearty Support.

For the first time in 12 years the Democratic party is united in hearty support of its presidential candidate, Alton B. Parker, who ran for president four years ago, is making speeches on the Pacific coast in favor of Mr. Bryan. He made one last week in Los Angeles, and now it is announced that he will address the people of San Francisco.

Four years ago Mr. Parker had only Bryan's nominal support, and Bryan men did not even make a pretense of supporting him. The result was that he carried only the southern states and was overwhelmingly defeated. If this year he had refused to take part in Mr. Bryan's campaign he could not have been blamed.

But Mr. Parker, and with him probably that wing of the party which heretofore has opposed Bryan, now forgets the past and takes off his coat for the party candidate. He will do all in his power to elect Bryan, which is more than several candidates against Mr. Taft at the Chicago convention are doing for the Republican nominee.—Chicago Journal (Ind.)

The Harvester Trust.

That bucking a trust is uphill business may be judged from the report in the New York Journal of Commerce that:

"The hemp-growers' combine, formed several months ago to fight the harvester trust, has proven a failure, and the latter is now buying hemp at its own prices."

What is known as the "hemp-growers' combine" does not deal in real hemp or flax, but in such grasses and fibers as are used in the manufacture of binding twine.

Paragraph 566 of the tariff law places all such grasses and fibers on the free list, which shows how other trusts and combines would fare if not protected by the tariff. Competition has broken the power of the "hemp-growers' combine," but its competitor, the harvester trust, which is protected by the tariff on the agricultural machinery it manufactures, is flourishing like a green bay tree. If the harvester trust was not protected by the tariff we might expect to see the price of agricultural machinery much less than it now is.

It will be interesting to see if the harvester trust, having forced the "hemp-growers' combine" to reduce the price of the raw material, will sell twine any cheaper to the wheat growers.

Democrats for Good Roads.

The Democratic party at Denver took the most advanced step yet taken upon the question of good roads, by adopting a strong plank favoring federal and state aid to the farmers, to assist in building permanent highways.

Uncle Sam uses 40 per cent. of all the highways for rural mail delivery, and as good roads, according to the postal authorities, will cheapen the cost of the service 20 per cent., there is good reason why national aid should be extended. Rural mail delivery now costs \$35,000,000 per year, and this means a saving of \$7,000,000 per year and it will soon be \$10,000,000. If the government were to issue \$400,000,000 of two per cent bonds to assist building the roads, the saving on rural delivery would pay the interest on the bonds. The \$400,000,000 would give about \$450 for every mile of road used for rural delivery.

The farmer alone cannot build the roads. They can be built by state aid, and if federal aid were extended also it would be easy.

Tariff the Root of the Evil.

The robber tariff is the source of most evils of which the American people complain. If the tariff were so adjusted as to protect American workmen only, and not to fatten trusts, the cost of living would be greatly reduced, to begin with and the high cost of living is one of the things to which the people object most vigorously. If the tariff were honest there would be no enormous accumulations of wealth in the country to make timid citizens afraid of the future of the republic, to arouse the envy of the masses, and to exert dangerous power in public affairs. If the tariff were honest, American consumers would not be robbed right and left by American manufacturers, combined into trusts.—Chicago Journal (Ind.)

Hasn't Mr. Roosevelt himself preached that it is only by grim energy, resolute courage and painful effort that we move on to better things? A revised tariff would be a better thing. And for something better, more honest, more decent, more economically correct and more fair to all men the Democrats will continue to struggle until the end.

There is just one element lacking to make Republican publicity effective and that is like other Republican reforms it is postponed until "after election."

Hearstism.

A reader asks: "What are Mr. Hearst's claims to political leadership?" They are a capitalist's claims. He invested large sums of money in political leadership, and in newspapers to advertise his investment. When it did not yield the dividends he had expected, because both the "regular parties" are happily unprincipled, he took what money was left over after his newspaper expenditures and reinvested it in a new party, which he financed and named the Independence party. This party is now better known as "the Doodle Dees." It represents nothing but Mr. Hearst, and he represents nothing but ambition.

The prohibitionists did not come anyway near the "demonstration record" at their national convention. How could they be expected to with their stomachs filled with lee water, and Columbus water at that?

All the reforms postponed because they would disturb the Republican party before election will be insured after the election by its unopposed defeat.

WHAT THE TRADE MARK MEANS TO THE BUYER

Few people realize the importance of the words "Trade Mark" stamped on the goods they buy. If they did it would save them many a dollar spent for worthless goods and put a lot of unscrupulous manufacturers out of the business.

When a manufacturer adopts a trade mark he assumes the entire responsibility for the merit of his product. He takes his business reputation in his hands—out in the limelight—"on the square" with the buyer of his goods, with the dealer, and with himself.

The other manufacturer—the one who holds out "inducements," offering to brand all goods purchased with each local dealer's brand—slides responsibility, and when these inferior goods "come back" it's the local dealer that must pay the penalty.

A good example of the kind of protection afforded the public by a trade mark is that offered in connection with National Lead Company's advertising of pure White Lead as the best paint material.

That the Dutch Boy Painter trade mark is an absolute guaranty of purity in White Lead is proved to the most skeptical by the offer National Lead Company make to send free to any address a blow-pipe and instructions how to test the white lead for themselves. The testing outfit is being sent out from the New York office of the company, Woodbridge Building.

Whistling in English Streets.

In England whistling is very common among all classes, and indeed, it is rare in London to see a butcher or a grocer boy on his daily errands whose lips are not pursed up for the purpose of emitting the whistling notes of the comic song of the hour. So prevalent is the habit that in hotels, and even in clubs, requests are posted up to "refrain from whistling."

STATE OF OHIO CITY OF TOLEDO, O.

FRANK J. CHENEY makes oath that he is a resident of the City of Toledo, Ohio, and is the owner of the right of the name of CHENEY'S CATARRH CURE, and that said name will pay the sum of ONE HUNDRED DOLLARS for each and every use of CATARRH CURE that cannot be cured by the use of HALL'S CATARRH CURE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1896.

A. W. GLEASON, Notary Public.

HALL'S CATARRH CURE is taken internally and acts directly upon the blood and mucous surfaces of the system. Send for testimonials free.

J. J. CHENEY & CO., Toledo, O.

Sold by all Druggists, etc.

Take Hall's Family Pills for constipation.

Progress Reported.

"Did you have any luck fishing?"

"Yes."

"How many did you catch?"

"I didn't catch any. But I thought up some mighty good stories to tell 'em folks at home."

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Wm. D. Hoag*.

In Use For Over 30 Years.

The Kind You Have Always Bought.

In Self-Defense.

Him—I wonder why women, as a rule, talk so much?

Her—Oh, I suppose it tires them less than listening to men's talk.

Lewis' Single Binder costs more than other C. cigars. Smokers know why.

Your dealer or Lewis' Factory, Peoria, Ill.

Even the prude isn't averse to sitting in the lap of luxury.

Fract Achs—Use Allen's Foot-Paste (Over 500 testimonials. Refuse imitations. Send for free trial package. A. S. Allen, Le Roy, N. Y.)

A woman is known by the acquaintance she cuts.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Pride and prejudice make an unsatisfactory pair to draw to.

Habitual Constipation

May be permanently overcome by proper personal efforts, with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elvix of Senna, which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. To get its beneficial effects, always buy the genuine

Syrup of Figs and Elvix of Senna

manufactured by the

CALIFORNIA

FIG SYRUP CO. ONLY

SOLD BY ALL LEADING DRUGGISTS

one size only, regular price 50¢ per bottle

Put both in and mix

POTASH

The Last Call

We have been telling you all summer to use not less than 6 per cent. of Potash in your wheat fertilizer.

We have told you how to add 6 per cent. of Potash to bone or phosphate, by mixing 100 lbs. of either with 15 lbs. of Muriate of Potash.

Have you arranged to do this? To increase your wheat crop at a cost of less than 10 cents per bushel?

If not, telephone to your dealer to get the Potash at once—or, to furnish you with a 2-8-6 fertilizer to your wheat—equally good for rye.

Potash is profit. But next week may be too late to get the goods delivered in time for use. Therefore, do it now.

Send for New Farmer's Note Book containing facts about soil, crops, manures and fertilizers. Mailed free.

GERMAN KALI WORKS, Monadnock Building, Chicago

New York—93 Nassau Street

Atlanta, Ga.—1224 Candler Building

PILES—NO MONEY TILL CURED—SEND FOR FREE ILLUS. TREATMENT ON TRYING

DR. THORNTON & MINOR—1030 OAK ST. KANSAS CITY, MO.

HER GOOD FORTUNE

After Years Spent in Vain Effort.

Mrs. Mary E. H. Rouse, of Cambridge, N. Y., says: "Five years ago I had a bad fall and it affected my kidneys. Severe pains in my back and hips became constant, and sharp twinges followed any exertion. The kidney secretions were badly disordered. I lost flesh and grew too weak to work. Though constantly using medicine I despaired of being cured until I began using Doan's Kidney Pills. Then relief came quickly, and in a short time I was completely cured. I am now in excellent health."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Methodists at Seattle will build a large institutional church for the Japanese of that city, preferably installing as pastor Rev. S. Yoshiaki, the preacher at the First Methodist church.

This woman says that sick women should not fail to try Lydia E. Pinkham's Vegetable Compound as she did.

Mrs. A. Gregory, of 2355 Lawrence St., Denver, Col., writes to Mrs. Pinkham:

"I was practically an invalid for six years, on account of female troubles. I underwent an operation by the doctor's advice, but in a few months I was worse than before. A friend advised Lydia E. Pinkham's Vegetable Compound and it restored me to perfect health, such as I have not enjoyed in many years. Any woman suffering as I did with backache, bearing-down pains, and periodic pains, should not fail to use Lydia E. Pinkham's Vegetable Compound."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't